



## My Next Steps:

# How to Find Local Mental Health Services During and After Transition from the Military



## Question

**How do I find local mental health services during and after our transition from the military?**



## Answer

As a military family, you may want to tap into available mental health services and resources to help your family stay strong and healthy. The need for quality mental health care may not end with transition out of the military, therefore, during and after your service member's transition from the military to the civilian world, you may find yourself seeking mental health services from local, non-military affiliated providers, and you may not know where to start. Several trusted agencies, including TRICARE, the Department of Defense and the Department of Veterans Affairs, partner with the Substance Abuse and Mental Health Services Administration to ensure that military families have access to quality behavioral and mental health during and after service.

SAMHSA's efforts aim to support veterans and military families' health through a variety of prevention, treatment and recovery initiatives. To help you find the care that you need, SAMHSA provides a services locator to help you find exactly what you need, where you need it. Once you search for a location, you can choose what type of service(s) you need, such as substance abuse, mental health, a combination of substance abuse and mental health or medication-assisted treatment. SAMHSA's services locator will provide contact information for providers who offer the services you need in your area, and you can find additional information, such as the type of care provided, treatment approaches and payment or insurance plans that are accepted. From there, you can contact providers or agencies you may be interested in to confirm eligibility and set up appointments.

If you try the services locator but find you need more help, you can call the SAMHSA National Hotline at 800-662-HELP (4357) to get free and confidential information regarding substance abuse and mental health issues. SAMHSA's Helpline is available 24-hours-a-day, 365-days-a-year and provides referrals to local treatment facilities, support groups and community-based organizations.

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The National Resource Directory is a website that connects service members, veterans and families with professionals who can support them. The NRD provides a search tool for those who are seeking a wide variety of resources, including behavioral healthcare during or after transition from the military to civilian life. Use the NRD to find the type of care and location that will best meet the needs of your family.

## Visit MySECO on Social Media



## Resources at a Glance

- [Substance Abuse and Mental Health Services Administration](#)
- [SAMHSA Treatment Locator](#)
- [National Resource Directory](#)



## Steps to Consider

These “Steps to Consider” are not meant as a checklist. Use the suggestions to facilitate a discussion with your service member.

- Identify your family’s mental healthcare needs, and plan for how those needs can be met during and after transition. Some considerations may include the following:
  - Does anyone in your family require short – or long-term behavioral health or mental health services?
  - Does your family’s plan for health insurance after transition from the military to civilian life include coverage for mental health services? What other resources for mental health coverage or care do you and your family members have? Does your retired or transitioned service member have access to other resources?
  - Will you be looking for mental health or behavioral health services from a local, non-military affiliated provider, so your care can continue after transition?
- Visit the [Substance Abuse and Mental Health Services Administration’s website](#).
- Use SAMHSA’s [search function](#) to find local mental health services.
  - Access the services locator to search for a location, and then choose the type of service(s) you need, such as substance abuse, mental health, a combination of substance abuse and mental health or medication-assisted treatment.
- Evaluate the providers or agencies identified by your search. Be sure to consider if the services, treatment approaches and acceptable insurance plans match your needs.
- Follow up by scheduling appointments with the best providers or agencies for your family.
- Visit the [National Resource Directory’s website](#).
- Use NRD’s search function to find mental health services or other services that meet your family’s needs.



## Resources

- Substance Abuse and Mental Health Services Administration: <https://www.samhsa.gov/>
- SAMHSA Treatment Locator: <https://findtreatment.samhsa.gov/>
- National Resource Directory: <https://nrd.gov/>



## Notes

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## Related MySTeP Topics

### Health Care, Dental and Vision

- Understanding VA Health Care for Transitioning Military Families
- Health Insurance Coverage Considerations for Transitioning Military Families

### Emotional Health Support

- Emotional Well-Being Supports for Transitioning Service Member and Military Spouses
- Crisis Support During and After Transition from the Military